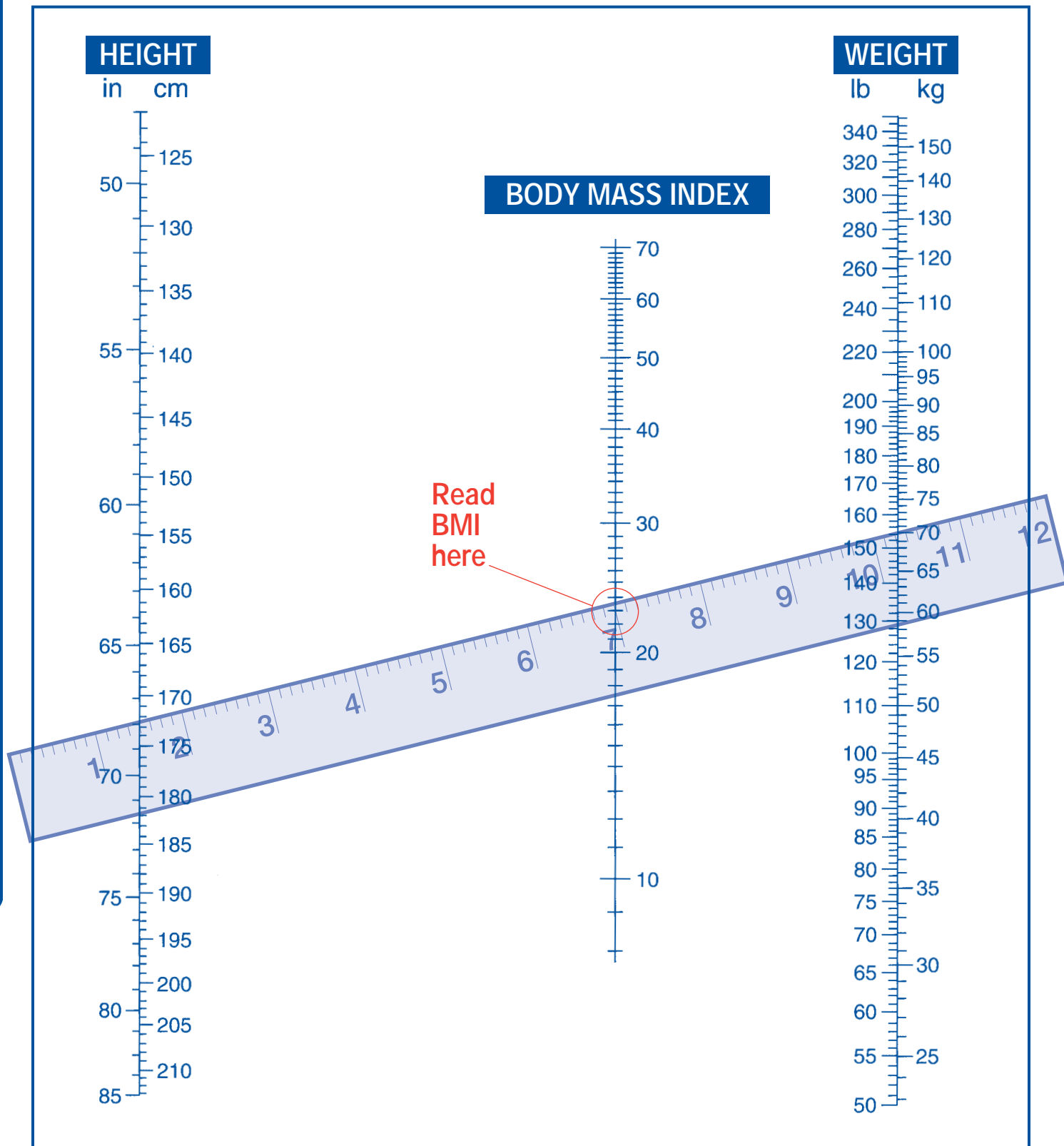


Body Mass Index

Directions: Use a ruler to connect the height column to the weight column and read the BMI number in the middle.



Example: Use same example as shown on page 17.

Modified with permission from David C. Nieman, *Fitness and Sports Medicine; A Health-Related Approach*, (3rd edition), Bull Publishing Co., Palo Alto, CA, 1995.

Body Mass Index Nomogram - From The President's Challenge: Physical Activity and Fitness Awards Program. US Department of Health and Human Services, 2002, pp 17-18.